





SIRIUS

Essential Information Packet






Welcome to SIRIUS!

To best prepare for SIRIUS, please read the Essential Information Packet carefully and completely. It contains important details and knowledge that we have gleaned from over 25 years of operation. After you've finished reading, complete the checklist below to ensure your preparation!

- Review **Gear List** and acquire what is needed
- Visit findSIRIUS.psu.edu for more info and FAQs
- Follow AURORA on social media for updates
 -  [@pennstateAURORA](https://www.instagram.com/pennstateAURORA)
 -  [fb.com/pennstateAURORA](https://www.facebook.com/pennstateAURORA)
- Prepare to embark on your journey!

Contact Us

We'd love to answer your questions.

-  AURORA@psu.edu
-  program questions:
(814) 865-3890
-  registration questions:
(814) 865-4972

Program Dates

SIRIUS will begin on August 12 and end on August 16.

What does SIRIUS look like?

Your day-to-day experience will consist of virtual hikes, outdoor experiences, Zoom sessions, and complimentary short assignments. During virtual hikes, you'll explore beautiful locations across the globe from your device. For outdoor experiences, you'll engage the wilderness of your own backyard. Throughout SIRIUS, you'll get together with your fellow students and leaders via Zoom to reflect on your experiences, as well as your transition to college. Additional assignments will examine wellness, healthy eating, and community service.

Daytime Activities

You will complete 3 virtual hikes during SIRIUS. Each hike will visit a unique location and have you investigating its ecosystem and relationship with humans.

You will also complete 4 outdoor experiences during SIRIUS. These experiences allow you to engage with the outdoors nearby in a variety of ways, while also examining relationships between humans and the outdoors on both a large and personal scale.

Combined, these activities should take 3-4 hours to complete each day.

Zoom Calls

You will participate in a 1.5- to 2-hour Zoom call each night. These calls with your small group will provide opportunities to forge relationships with your fellow incoming students and leaders, while learning about life at Penn State and tying together your experiences from your daily activities.

You should join these calls from a quiet, distraction-free location in order to fully engage with your group and not detract from the group's overall experience.

Follow-up Classes & Assignments

There will be two follow-up evening class sessions, one in September and one in October. You will reconnect as a small group and focus on ideas of leadership and wellness. A few assignments will be completed early in the semester. These assignments are not designed to overwork you; they will help you understand wellness and reflect upon your AURORA experience. More information regarding your classes and assignments will be provided in the course syllabus.

SIRIUS Gear List

To best prepare for SIRIUS, please obtain the items listed below.

TECHNOLOGY

- Reliable Internet Access**
To be used with an internet-ready device (with a webcam!), preferably a computer. If this is an issue, visit the [SIRIUS FAQ](#) to learn how to get technological support.
- Headphones/Earbuds**
- Access to These Programs:**
Zoom (free with your PSU access account)
Google Suite (through PSU access account)
YouTube

OUTDOOR EXPERIENCE

- Water**
- Food**
- Proper Clothing**
Rain gear, synthetic garments, insulating layers, etc.
- Proper Footwear**
Supportive hiking/walking shoes or boots

No Drugs, Alcohol, Tobacco, or Weapons!